



Thursday 9th March 2017

Dear parents/carers,

RE: Sex & Relationships Education session for pupils in Year 5 & 6 on Mon 20th March.

As your child is now in upper key stage 2, the staff here at Harden Primary think that it would be useful to deliver an afternoon session about some of the relevant aspects of this subject. We also feel that these sessions will help the children to deal with any changes, both physically and emotionally, that they may be going through at this time.

The school nursing team accompanied by Miss Hall, Mrs Parker and Mrs Ashington, will deliver a session to the girls in year 5 & 6 and Mr Weston, accompanied by Mr Maiden, will deliver to the boys (there aren't any male nurses available for the boys session unfortunately).

The content of the girls session will involve:

- the term puberty and exploring what that means. Changes to the body,(ie hair, odour, thoughts, breasts, hips etc)
- the menstrual cycle, what it is, means, involves, and then periods themselves. (eg. Age of starting, what happens, what girls need, etc)
- then a discussion about keeping healthy.
- And finally, the changes that happen to boys during their puberty years before finishing with 'Pants are Private' slide.

The session for y5&6 boys has the following learning objectives:

- Begin to know about and have some understanding of the physical and emotional changes which take place during puberty
- Develop skills and self-esteem to help boys enter adolescence
- Help the boys to understand gender roles and relationships
- To explore keeping safe, personal rights and protection.

As this subject area is from part of the non-statutory part of the National Curriculum (and due to the sensitive nature of the content discussed) you do have the opportunity to ask for your child to not take part in these sessions. If this is the case please email year6@harden.bradford.sch.uk or Year5@harden.bradford.sch.uk by FRIDAY 17th MARCH (if we do not receive an email by this date we will assume that you are happy for your child to take part in the session).

Many thanks,

Mr Weston